



Identifying Stages of Change for Smoking Cessation Counseling

The basis of any counseling effort is the identification of the readiness of a patient to accept any intervention. The following are the stages of change that a patient may present with at the time of admission. Physicians and staff should be familiar with these stages in order to maximize the interventional effort.

Pre-Contemplative Stage

1

- a. Not ready to quit

Contemplative Stage

2

- a. Thinking about quitting
- b. Aware of need to quit smoking

Action

3

- a. Ready to quit
- b. Agreeable to counseling classes or other intervention

Maintenance

4

- a. Has quit
- b. Reinforce not to smoke

Relapse

5

- a. Reinforce that patient may go through stages of change several times before cessation occurs

